



■ **2006 NSA Mid-South Winter Fashion Show – p. 2**
■ **Let the snow begin – p. 4**

CELEBRATION TIME

page 8



SNOW FALL

After being UA for nearly 45 days, Old Man Winter finally reported onboard NSA Mid-South last Friday. The total snowfall amount varied, but forecasters say between three and five inches fell across the Memphis area. More photos on Page 4 (Photos by Art Frith)

Navy and JR Motorsports ready to roll at Daytona Opener

BY JEFFREY NICHOLS
COMMANDER NAVY RECRUITING
COMMAND PUBLIC AFFAIRS

The Navy's 2006 NASCAR Busch Series team will begin its quest for the 2006 championship Feb. 18 in the season opener at Daytona. Driver Mark McFarland will be at the wheel of Dale Earnhardt Jr.'s JR Motorsports-owned No. 88 Navy "Accelerate Your Life" Monte Carlo.

The USS Constitution, "Old Ironsides," will be the Fleet Honoree at the Busch Series race on Saturday. The race will be televised live at 12 p.m. central time to a national audience

on TNT network. "We are very excited about further increasing our awareness through NASCAR in 2006 by an association with JR Motorsports and Dale Earnhardt Jr., one of the most recognized names in NASCAR," said Rear Adm. Jeffrey Fowler, Commander, Navy Recruiting Command. McFarland is moving up to the Busch Series after finishing in second place in the 2005 Hooters Pro Cup Southern Division regular season and ninth in the Championship Series.

The Navy and JR Motorsports are anticipating a successful season, based on a shared commitment to teamwork, high

technology and patriotism. "Our partnership with the Navy makes a lot of sense," said Earnhardt Jr. "Taking a race team and instilling the kind of teamwork and work ethic that is imparted on the Sailors is an ideal situation for a race crew." "My hope is to gain the respect of all the Sailors and gain a fan base," added driver McFarland. "I feel like I now work for 350,000 personnel, and I want to make every one of them proud."

The Daytona race will kick off a 35-race season for the Busch Series. The next race will be the Stater Bros. 300, Feb. 25 at the California Speedway in Fontana, Calif. and will be broadcast on the FX Network.



Gentlemen, start your engines - Daytona driver Mark McFarland will be at the wheel of No. 88, the Navy's entry in the 2006 NASCAR Busch Series. (U.S. Navy photo courtesy of CNRC)



Making the Grade

NSA Mid-South housing director Diane Baum and Capt. Matt Straughan, commanding officer of NSA Mid-South, pose with the plaque recognizes base housing here as one of the best places in the Navy to live. NSA Mid-South, Guantanamo Bay (GTMO), Cuba, and NAS Kingsville, TX were named to the 2005 National Real Estate Customer Service Awards Program's "A List". (Photo by Art Frith)

'Going to the dogs'

BY ART FRITH
NSA MID-SOUTH PUBLIC AFFAIRS

If there is any one department or command residing on NSA Mid-South that can be said to be "going to the dogs" it's the U.S. Army Veterinary Treatment Facility on Savitz Drive.

The Army is the executive agent for the Department of Defense (DoD) for veterinary medical care. Capt. Rose Grimm is the officer-in-charge of the NSA vet clinic and supervises a staff made up of six military and civilian personnel, providing care to the pets of active-duty and retired service members. The facility here is the branch seat for the Millington Branch, which also encompasses Little Rock Air Force Base section. Another facility is located there, where another animal technician and a civilian staff provides animal care.

"Typically, the Army is responsible for all of the med-



See Vet Clinic, 3

NEWS BRIEFS

EPMAC will be hosting a Sailor of the Year and Junior Sailor of the Year luncheon to recognize the SOY/SJOY nominees as well as congratulating PS1 Beth Schudel as the 2005 SOY and SN Kerri Johns as the 2005 SJOY for EPMAC. The luncheon will be held at the Pat Thompson Center in the Crystal Room on today at 11:30.

The newly renovated Navy-Marine Corps Relief Society Thrift Store is open Tuesday through Friday from 10:00 a.m. to 2:00 p.m., and the first Saturday of the month. Look for new extended Thrift Store hours to be announced in the near future. If a personal emergency occurs and assistance is needed please call NMCRS at 874-7350. This organization

exists to help Sailors, Marines and their families in need. The hours of operation are as follows: Monday through Friday 9:00am to 1:00pm.

Admiral Clarke envisioned Sea Enterprise as an essential pillar of his overall Navy strategy. Just as Sea Warrior provides the right Sailor, Sea Enterprise provides the means to have that Sailor properly trained and educated, serving on the right platform with the right capability. It is important that the enlisted voice is heard on this subject. The U.S. Naval Institute sponsored essay contest deadline is now extended to 31 March 2006. The contest has a \$15,000 first prize (\$10,000, Second Prize, \$5,000 Third Prize) rules and other information is found at the following link @ <http://www.usni.org/contests/seaenterpriseessay.htm>

Send us your comments to bluejacketmtil@yahoo.com.

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COMMENTARY

A degree roadmap: Set yourself up for success

The Navy is more serious about education today than ever before. Beginning with the 2010 Senior Chief Selection Board, Sailors will need a rating-related associate's degree to move beyond the rank of chief petty officer. NAVADMIN 203/05 lists the requirements. It is extremely important that each of you become familiar with this NAVADMIN and that you develop a roadmap to attain your degrees on time. The NAVADMIN also includes some grandfather clauses for those sailors who already have a degree, or are enrolled in a college or university and have started a plan.

I would like to discuss why you should have a degree roadmap. As you can probably guess, earning a degree takes time and hard work. It's important for you to map out a realistic plan to attain a degree, rather than just start college and hope for the best.



BY FLTCM(AW/SW)
JON R. THOMPSON

Developing a degree roadmap can help you achieve a rating-relevant degree by making full use of the most of recommended credit for Navy training and on-the-job experience. It also directs you to Navy partnerships with colleges and universities that offer degrees through distance education for all enlisted ratings.

Your first step in planning for a degree should be to visit to a Navy College office. The

Navy College Program (NCP) provides sailors with opportunities to earn college degrees by reviewing academic credit for Navy training, work experience, and off-duty education. The NCP mission is to enable Sailors to obtain a college degree while on active duty.

In addition, Navy College offices offer a wide range of other services, including: Academic advice; Academic Skills; Defense Activity for Non-Traditional Education Support (DANTES); Navy College Program for Afloat College Education (NCPACE); NCP Distance Learning Partnership Schools; Sailor/Marine American Council of Education Registry Transcript (SMART); Servicemembers Opportunity Colleges Navy (SOCNAV); and Tuition Assistance (TA).

If you are new to the Navy with little or no college, I think you will be amazed how user-

friendly Navy College is and how helpful they can be. If you've been in the Navy for a while, and have attended some Navy schools, you may be amazed to find how much college credit you get. Achieving an associate's degree might not be very difficult at all!

This brings me to an important point. While attaining a degree shouldn't be extremely difficult, conversely it shouldn't be too easy. It's important you enroll in a program with an accredited college or university. You should protect yourself from falling prey to a college degree scam. I recently saw a news report that highlighted the number of "diploma mills" that have sprung up around the country and world, facilitated mainly by the Internet. The report was disturbing, not just to me, but also to almost all who work in academics. The old adage, "If it looks too good to be true, it probably is"

applies. My advice to each of you is to consult Navy College and ensure the program you choose to enroll in is at a legitimate college or university.

If you choose to obtain a degree without the advice of the Navy College counselors, here are a few tips to help you protect yourself:

Don't limit your research to classified ads or survey the Web in search of the right course or program.

See if the online school is accredited and by whom. Check to see if the accrediting agency is officially sanctioned.

Check with licensing boards and professional associations to see if the program delivers an acceptable level of training.

Call or write the Better Business Bureau and the attorney general's office to make sure the school is operating legally in a state and see if anyone has filed a complaint.

Find out if the school is con-

nected to an established, reputable parent company.

If you intend to transfer and online credits earned to another college or university, early on check with that institution to see if they accept those credits.

Ask about the faculty? Who teaches the course? What degrees do they have? What is their area of expertise?

Refer to the published guides of online correspondence and other distance delivered courses.

Shipmates, the Navy has provided enough advance notice of the new degree requirements, however, it's up to you to motivate yourself and enroll in college now. Earning a degree will boost your confidence, improve your intelligence, make you a more rounded adult, and make you more competitive in the civilian world when you depart the Navy. See you around the campus!

Presenting ...

THE 2006 NSA MID-SOUTH WINTER FASHION SHOW



Some of the area's best contestants



A Fireman, the snappy dresser, an out of place Michigan State fan, and a depressed snowman were some of the entries in the 2006 competition. See you next winter! (Photos by Art Frith)



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Chaplain's Corner

LOVE IS ALWAYS IN THE MOOD FOR MIRACLES

BY CHAPLAIN HENRY NIXON JR.

Happy belated Valentine's Day. By now the flowers have wilted, the candy is gone, memories of that special evening has faded, but I hope the thrill is not gone.

Valentine's Day should be distinctive for two reasons. First, February is the month of love and African American History observance. Second, there is a connectedness between the origin of Valentine's Day and a fascinating biblical love story as told in the "Song of Solomon." Celebrated on the 14th of the month, Valentine's Day is about the expression of love for that special person in your life. One school of thought suggests that the "day" is rooted in an ancient Roman festival called "Lupercalia." At the height of the celebration, young men struck people with straps made of animal hide. Women accepted the blows believing it made them more fertile and sensuous. The most commonly held belief is that the observance is linked to a priest named Valentine. During the reign of Emperor Claudius II (200 A.D.), he secretly performed marriage ceremonies, violating the Emperor's ban on marriage. Father Valentine was imprisoned for his action. Children would visit the jailed priest tossing love notes through the bars of his cell. Father Valentine was executed on February 14, 269 AD.

The "Song of Solomon" (S of S) is a love story set to poetry about King Solomon and a beautiful young Black woman, Abishag. Abishag was a Shulamite or Philistine who was a descendant of Mizram, a son of Ham. She describes herself, "I am black, but comely, o ye daughters of Jerusalem, like the tents of Kedar, like the curtains of Solomon." (S of S 1:5) This love story is filled with political intrigue (1 Kings 2:13-25), as well as romance. Through the ages poets have attempted to emulate the language of love articulated in this passage; "My beloved spoke, and said unto me, Rise up, my love, my fair one, and come away. For lo, the winter is past, the rain is over, and gone...Arise, my love, my fair one, and come away." (S of S 2:10-13) The power behind this sonnet is that Abishag feels unworthy of Solomon's love, while Solomon looks beyond her appearance to see something worth loving. It is said that, "love...is always in the mood for miracles." The language of love goes beyond words or phrases, expressing itself more in what is done rather than what is said. As the story of Abishag and Solomon unfolds, Abishag fears being separated from her lover, even though she is assured of his love. It is Al Green's song "I Want to Get Close to You" playing in the background as these words drift through the air, "Set me as a seal upon thine heart, as a seal upon thine arm: for love is strong as death..." (S of S 8:6)

This love story is not about sexual liaison or romance, but the beauty of relationship. The joy of Valentine's Day is not about feeling worthy of love, but having someone to see something within you worth loving. Yes, the world still needs love sweet love. It is the *agape* love of God that makes the difference. I believe that in God's eye we have value and worth simply because he loves us. Like Father Valentine, God paid the ultimate price for violating the Prince of this world's law that "thou shall love selfishly." Who among us feel unloved, unwanted and undesired?

Did you receive a Valentine's Day? If not, then hear these words, "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." And you thought you were not getting a card this year. "When you care to send the best.

Crossword:

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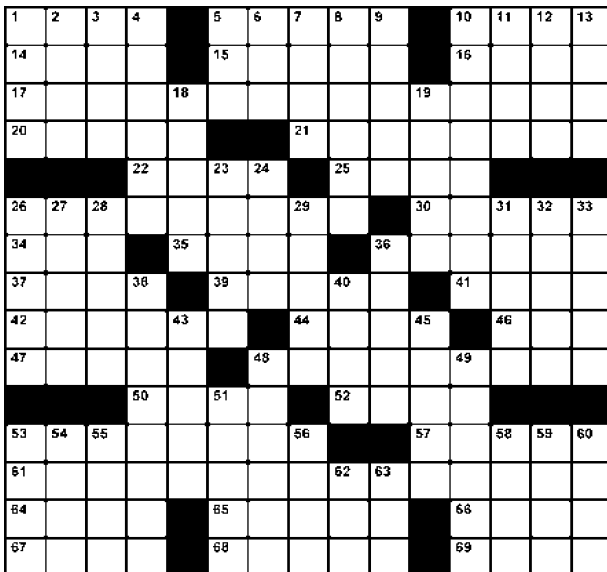
ACROSS

- 1 A&E word
- 5 Domineering
- 10 Crunch's rank
- 14 Slave
- 15 Get-rich-quick gamble
- 16 Snack first created in 1912
- 17 Hardly winning
- 20 South Korean capital
- 21 Pouched creatures
- 22 Printer's primary color
- 25 To the sheltered side
- 26 Hardly winning (with 48-Across)
- 30 Answering-machine blinks
- 34 Quarrel
- 35 Member of baseball's All-

- Century Team
- 36 Chap
- 37 Guitarist
- Clapton
- 39 Words of agreement
- 41 Heroic chronicle
- 42 Inclined
- 44 Gripe
- 46 Sixty secs.
- 47 Kind of heat or flare
- 48 See 26-Across
- 50 Sign of distress
- 52 Misprint
- 53 Dish often served covered with sauce

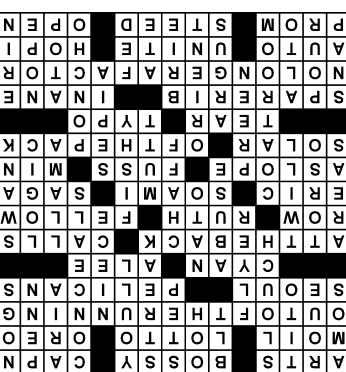
DOWN

- 1 Andy's partner in old radio
- 2 Womanizer
- 3 Milosevic's predecessor
- 4 Exhibit poor posture
- 5 Deli specialty
- 6 Ah partner
- 7 Choreography bit
- 8 Run around naked 9 "be sorry!"
- 10 Sweeps under the rug, e.g.
- 11 Diva's moment
- 12 Quaker colonist
- 13 Holiday drinks
- 18 Handbill
- 19 One of the family
- 23 Ill-treat
- 24 1949 peace org.
- 26 Regions
- 27 Body trunk
- 28 Corded fabric
- 29 Grain husk
- 31 Cud-chewer without a hump
- 32 Spock's forte
- 33 Ritz
- 36 Hard to swallow
- 38 Hat-checker's station
- 40 Hardly a Westminster con-



- tender
- 43 Primp
- 45 Early photo color
- 48 Turn in the right direction
- 49 Blanketlike cloak
- 51 100-eyed giant of myth
- 53 Like some decisions
- 54 Decant
- 55 Countertenor
- 56 A French cheese
- 58 At the acme
- 59 Relaxed rejection
- 60 Roberts'
- Brockovich
- 62 Broke bread
- 63 Narc or G-man, e.g.

CROSSWORD PUZZLE ANSWERS



Vet Clinic

CONTINUED FROM 1

ical care for any military-owned animal," said Grimm. "This includes the working dogs assigned to NSA Mid-South and horses at the Lazy Anchor Ranch. The horses are owned by MWR, and we do support them somewhat, but right now, the horses receive most of their care from a civilian veterinarian."

Regarding pets, Grimm said the most common ailment her staff sees centers around skin issues on the animal's body and in the ears. "Ear issues are usually skin issues. So, if we can treat the skin issue, they usually resolve each other." Pets can have allergies like their human companions, but there's something about this region of the country that seems to affect the pets more so than elsewhere. "Lots of people come into our facility with a pet that has never had a problem, but is now chewing and pulling it's fur out," said Grimm, "leaving the owner to say, 'What's going on, Doc?'" Pet owners should know that allergy testing for their pet is not cheap. While it is not a service the Army facility can offer its customers, allergy testing is needed to determine the cause of the problem.

The climate here in the Mid-South is ideal for fleas. The winter doesn't get as cold as other parts of the country, which means there isn't a break in the flea cycle with the cold weather. "I highly recommend that pet owners keep their animals on a prescription flea preventative year-round," said Grimm. Medicines prescribed by a veterinarian have better results than their over-the-counter counterparts. Pets that go outside bring fleas and flea eggs inside and set up an environmental flea infestation situation that is difficult to take care of. "Once the fleas get into your house, it's much more difficult to get rid of all of the eggs and nits that are supporting re-infection of the pets," Grim pointed out. "Our facility does have a pill that will kill off all of the adult fleas in 30 minutes and keep them off for 24 hours." Grimm recommends a combination treatment of the pills, topical medicine (such as Front Line), and a flea powder on the carpets to solve a flea problem. "However, if these steps don't solve the problem, then we know it's an environmental problem in the house." If you have to use one of a number of flea powders on your carpets, there are concerns regarding their use you should be aware of. Grimm said to look for a flea powder with pyrethrum in it. However, she went on to warn, "These powders are highly caustic. You will need to block off the area being treated and not allow pets, children, or other people access, as they will track the powder into other areas. Also, when pets get something its paws that they don't like, they will usually lick it off. You don't want them ingesting the poison contained in the powder."

While Fido or Fluffy might be itching to find out what's making them itch like crazy, allergies and fleas aren't the biggest concerns that pet owners need to be aware of, as Grimm explained. "Heartworms are a big problem here in the Mid-South. Mosquitoes transmit them. It actually takes six months between the bite of an infected mosquito to resolve itself into a case where the dog has actual adult worms living in its heart." Cooler temperatures lure owners into a false sense of security. They think that just because they don't see mosquitoes, they aren't there and not biting their dog. "We really stress that in this part of the country, dogs are kept on the heartworm preventative medicine all year round," she said. "One of the key things is yearly testing, to make sure there hasn't been a drug breakdown. I highly recommend that a new puppy be put on a preventative as soon as they're old enough to begin." In 2001,



Just a Trim, Please - Dr. Rachael Kuhn gives "Spot" a nail trim, which is one of the many services the U.S. Army Veterinary Treatment Facility provides to the pets of active duty and retired military personnel. (Photo by Art Frith)

504 veterinarian clinics across Tennessee reported 10,324 cases of heartworms, with 3,239 here in Shelby County.

According to Grimm, all of the major brands of heartworm preventative medicines on the market do a good job in preventing heartworms when they are administered properly. The biggest difference in them is the "extras" that some have, such as ingredients that prevent intestinal worms. "Although heartworms can cause plenty of devastating results in dogs, the intestinal worms can be transmitted to their human companions," she said. "So, we are very interested in a making sure our customers' companion animals aren't transmitting diseases to their owners or other humans."

Cat owners should know that heartworms are not as big of a problem as with dogs, but that cats can carry intestinal worms, which can infect humans, as well. "Heartworms in cats is definitely an up-and-coming issue, and there are tests out there to determine if a cat has heartworms, but at present, we don't typically treat cats for them," Grimm added. The transference of intestinal worms comes into play when cats are allowed to roam free in housing. "The cats turn a child's sand box into a litter box, which can result in the child becoming infected and is one of the reasons why the base regulations require cat owners to control their cat."

Permanent change of station moves can be a very stressful situation for both the family and their pets, especially if that next duty station is located overseas. Many of the countries where service members and their families may be sent to have strict regulations regarding the importation of animals, including domesticated animals. Countries like Iceland, the United Kingdom and Japan are considered to be rabies-free. Likewise for Hawaii and Guam. "We have information on what's needed to get into these countries, including providing health certificates for those animals going abroad," Grimm said. "Our facility can help get your pet ready and offer advice on how to prepare your pet for travel overseas." Depending upon where you

are going, it really benefits you (the owner) and your pet to start the process early. Grimm's advice is not to wait until the last minute, "We have had a few individuals who have called up saying 'We're going to Hawaii. What do we need to do?'" In turn, we ask, 'When are you leaving?' and the voice on the other end of the line says, 'In two weeks.' This isn't good as it takes two weeks just to get blood sample test results back from the lab." If you wait until the last moment to begin work on your pet's requirements, that pet could find itself being left behind with friends or family members or being placed in a quarantine facility. "It can be very costly to keep your pet in a quarantine facility for a long period of time," she said. "For example, in Hawaii it will cost between \$2,000 to \$3,000 for the long stay at the facility. Additionally, you will be billed for any medical treatment while the animal is in quarantine. The bottom line is getting the paperwork done early."

Traveling overseas with your pet requires some form of permanent identification, which prevents one animal being substituted for another. Tattoos were once the preferred choice, but were painful for the animal. Today, more and more owners are using microchips. On base, regulations state that all pets must be microchipped. That same requirement is part of the process for your pet to travel overseas. Grimm says that, unlike in the past, the microchips used today are universal and can be read in the States and Europe.

Dr. Rachael Kuhn is the facility's civilian veterinarian. A Navy spouse, Kuhn helps supplement the staff. "Rachael's presence comes in quite handy when the facility's Army staff members are out of the area," explained Grimm. While there is no money to pay them, Grimm said volunteers are always welcome to help out with the animals at the office.

There is more to the life of an Army vet than treating animals. Part of Grimm's responsibility includes inspections similar to those performed by officials from the U.S. Food and Drug Administration, mainly in the areas of security and food

safety, "I go out to a commercial establishment which is providing, or producing, a food product that is to be sold to the military, either to this or other installations around the world." The three food inspectors assigned to the facility concentrate their efforts here on base. For these food inspectors, every day is a hands-on check of food. "They're responsible for inspecting all of the food that comes on NSA Mid-South to be sold at the Commissary, Navy Exchange warehouse, food to be prepared at the Helmsman Complex, or any place that serves or sells food on base," said Grimm.

The U.S. Army Veterinary Treatment Facility is open Monday-Friday from 8 a.m. to 4 p.m., with animal clinics conducted on Tuesday and Thursday.

Front page photo: Flying first class - Perhaps not this time for "Chip and Dale," but if you have orders sending your family overseas, the U.S. Army Veterinary Treatment Facility can help make the trip a smooth one and less stressful for you and your pets. (Photo by Art Frith)

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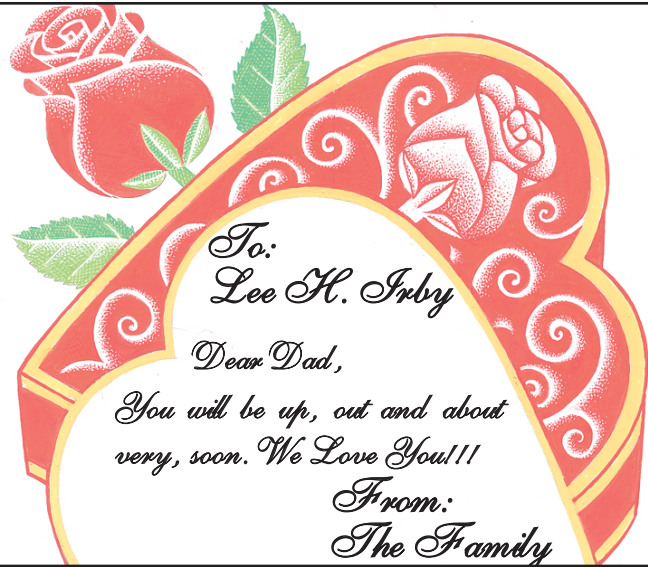
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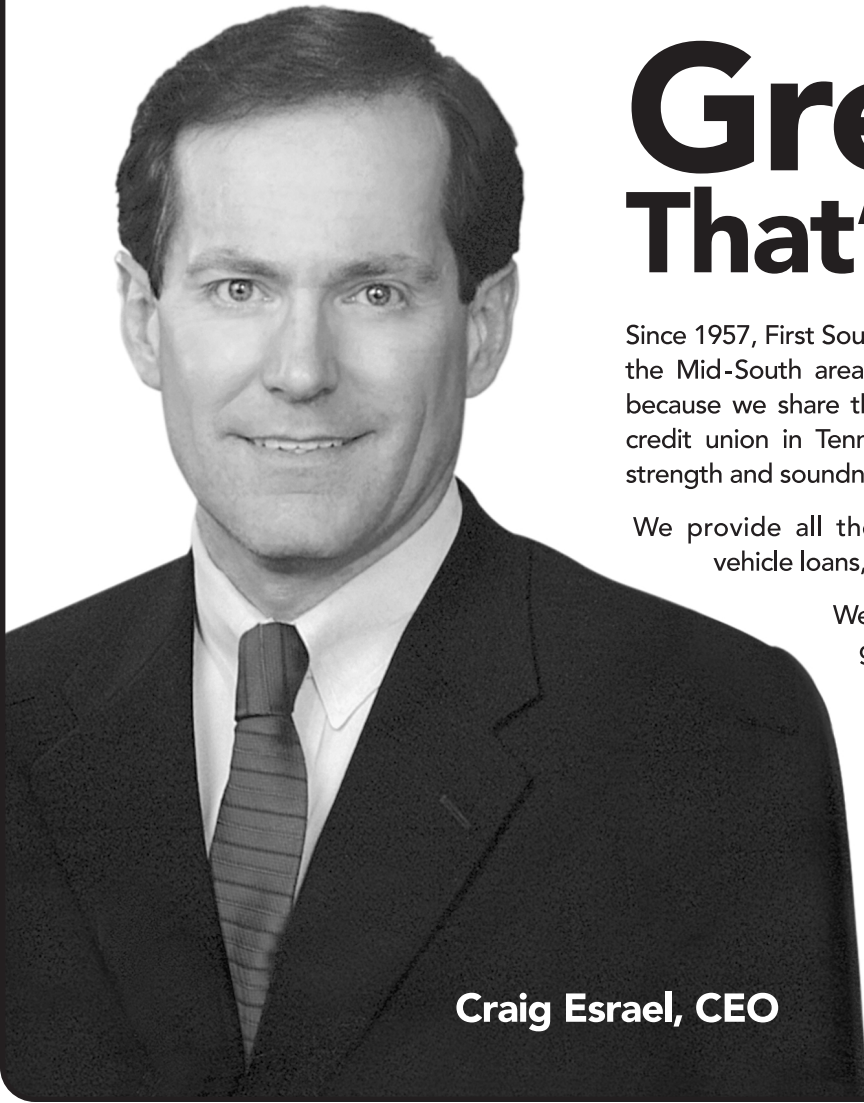


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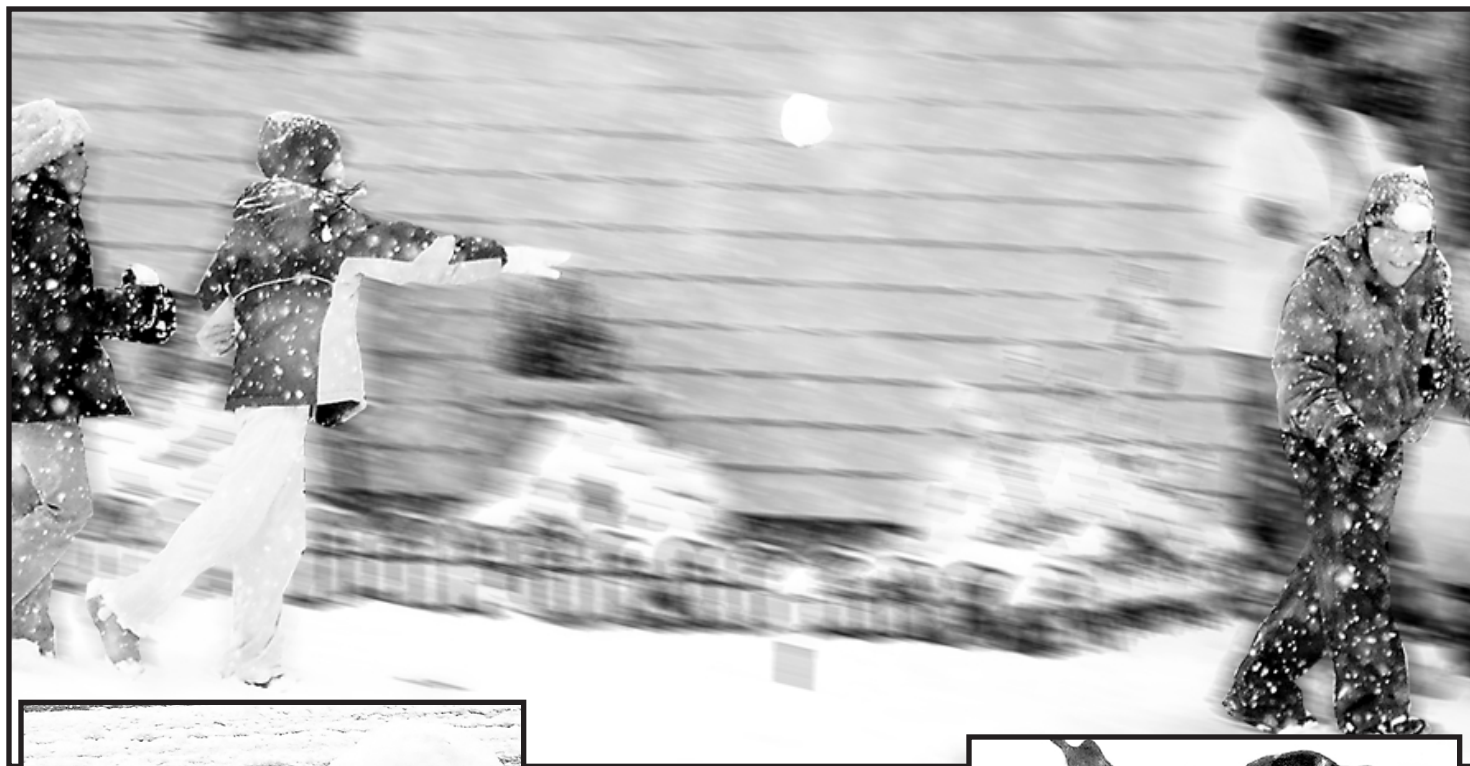
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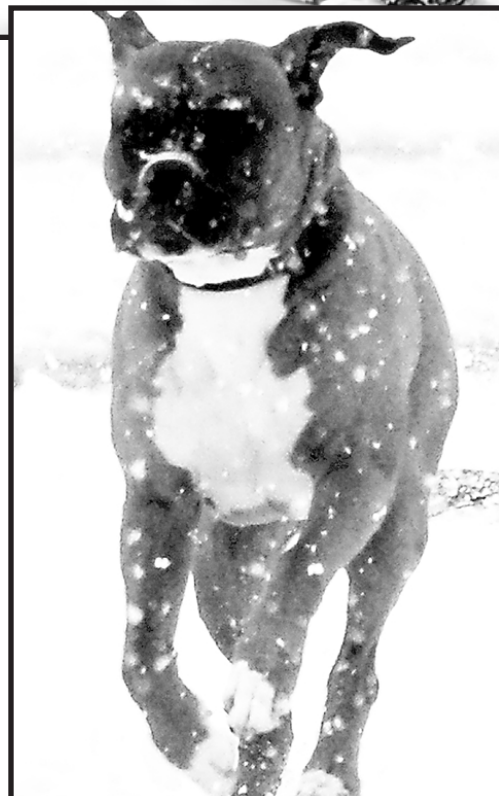
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Let the Snow BEGIN!

Photos by
Art Frith



LEGAL LESSONS

By David Britton Peel
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A Whale of A Lawsuit

Back in 1999, Patricia and Michael Dukes filed suit in Orlando, Florida against Sea World. They sued for millions of dollars for the loss of their only son, Daniel, age 27. The man was found naked and dead, draped across the back of a killer whale at Sea World Orlando. Daniel was a drifter, whose cause of death was apparently drowning.

In the suit against the marine park, plaintiffs alleged that the dangerous Orca was portrayed as a huggable stuffed toy. Attorney Patricia Sigman said Sea World is legally liable because it portrayed the killer whale as human-loving, gentle and huggable. Actually though, it appears that the killer whale's playfulness killed the man.

Sea World general manager Vic Abbey pledged that the park would vigorously fight the lawsuit.

It was not long until the park was vindicated of the trespasser's family's claims.

"They voluntarily dismissed the lawsuit," Sea World executive vice president and general manager Vic Abbey said. "This was a very tragic accident that occurred, but as we've said all along we felt the lawsuit had no merit."

It comes as no surprise to anyone that heavy intoxication apparently contributed to this untimely event in the death of this trespasser.

— David Britton Peel is a Millington attorney who primarily handles serious injury, death and disability cases, along with closings and wills. If you would like to contact Mr. Peel, you may do so at 901-872-4229 or at dpeel@bigriver.net. Mr. Peel is also available to speak to your church or club.

Presidents' Day or Washington's Birthday — Which is it?

By JO2 TERESA J. FRITH
NAVY PERSONNEL COMMAND
COMMUNICATIONS

The federal government observes the third Monday in February as George Washington's Birthday in celebration of the first president of the United States. However, states aren't required to celebrate federal holidays and some states call the holiday Presidents' Day in honor of both Washington and Abraham Lincoln, our 16th president who was born on Feb. 12, 1809. Which is it? It depends on your point of view.

With all the changes over the years, George Washington himself would probably be confused on when to celebrate his own birthday. Washington was actually born on Feb. 11, 1751, but in the following year, Britain and its colonies switched to the Gregorian calendar, jumping it 11 days ahead to Feb.

22. Washington's Birthday was celebrated as early as 1778, but didn't become an official federal holiday for all until 1885 when President Chester Arthur signed a bill making it a federal holiday. Prior to that, it was considered a federal holiday only in the Washington, D.C. district beginning in 1879, when President Rutherford B. Hayes signed it into law.

The celebration was one of nine federal holidays celebrated on specific dates, until Congress changed things in 1968 with the passage of the Uniform Holidays Bill. The bill moved three holidays (Washington's Birthday, Memorial Day, and Veteran's Day) from fixed dates to designated Mondays and created a new federal holiday called Columbus Day. (Veteran's Day was moved back to a specific date in 1980). Even so, at this point the holiday was still considered Washington's Birthday.

Robert McClory, a Republican representative from Illinois, is credited with attempting in committee to get the name changed from Washington's Birthday to Presidents' Day in 1968. The bill stalled and the name remained official Washington's Birthday.

Despite this, there was still no universal agreement amongst the states, so both Lincoln's Birthday and Washington's Birthday continued to be observed in some states, with others combining them into a Presidents' Day holiday. Retailers also pushed the Presidents' Day name, as it gave them the opportunity to stretch their sales dates from Lincoln's birthday on Feb. 12 to after Washington's on Feb. 22.

So, whether you celebrate one or both of our former president's birthdays, the third Monday in February is a day to be remembered for patriotic deeds and presidential accomplishments.

— Navy & Nutrition — CONTINUED FROM 1

"The Navy currently offers ShipShape, an eight-week weight management program. It's specifically designed to provide active-duty personnel with basic information on nutrition, stress management, physical activity, and behavior modification techniques to lower and maintain an acceptable body weight within Navy standards," said McGowan. A great feature of ShipShape is

that the Sailor can attend before he exceeds body fat standards and avoid a physical fitness assessment failure. Commands interested in starting a ShipShape program can obtain information from the Navy Environmental Health Center at <http://www.nehc.med.navy.mil/hp/shipshape/index.htm>.

Sailors participating in the Fitness Enhancement program are required to complete the Nutrition and Weight Control Self-Study Guide. The nine-chapter self-

study guide allows Sailors to complete one chapter per week and then have the command fitness leader review it and provide recommendations. The focus is to change the behaviors from unhealthy to healthier, from large portions to smaller ones, from lack of exercise to increased activity.

The self-study guide is available to anyone and can be found online at <http://www.npc.navy.mil/CommandSupport/Nutrition>, along with other health and nutrition resources.

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AREA RESIDENTS PITCH IN, DISPOSE OF HAZARDOUS WASTE



On a clear and unusually warm Saturday back on November 5th, 2005, Shelby County residents participated in the most recent annual Household Hazardous Waste Collection Event. Residents had been encouraged to participate by ridding their homes of outdated and unwanted household hazardous waste.

The Household Hazardous Waste Collection Event provided a safe and easy way for residents to dispose of their old paints, chemicals, cleansers, solvents, fuels, pesticides, electronic equipment, etc. Did I

mention this service was provided free of charge to the residents? How was this accomplished? The State of Tennessee provided grant money to fund the collection and proper disposal of the household wastes collected. What is the source of the funding? A state surcharge is collected for each ton of garbage disposed at Class I landfills in the state of Tennessee. How successful was this collection event? Here are the most recent figures provided: Number of vehicles: 1,574; estimated number of homes represented: 2,100; wastes collected: 97,000 pound of paint, 95,400

pounds of non paint material (included 1.5 trailers of electronics), 12,560 pounds of other wastes; Total pounds collected in 2005: 204,960; Total pounds collected in 2004: 157,253; ZIP codes represented by participants: 38; Our local ZIP codes participation was low this past event and hope we can encourage more participation in the next event. According to the Tennessee Department of Environment and Conservation, this event had the largest participation and generated the largest volume of any household hazardous waste collection event in Tennessee history

for Shelby County overall. When will the next event be held, possibly, the fall of 2006. The next event will be publicized in newspapers, radio and television announcements, and the news flyer provided in What can I do if I can't wait until the next household hazardous waste collection event? Find an individual who has an immediate need for your good, unused material or take your unwanted material to a commercial hazardous waste disposal company. Be aware that commercial hazardous waste disposal companies will charge you for their services!

Ooops! Courtesy of the Naval Safety Center

Some tools, devices, jobs and activities give you a fighting chance of getting away with a near miss, a small shot of adrenaline, and a glance to see if anyone was watching. However, some other things give you almost no slack. A chain saw, for example, a table saw, or a cutting torch. Coincidentally, "slack" was the operative word in the following drama, which stars an AD3 who is cutting a piece of metal off a motor. Tell ya what—don't just read about it. Here, you can actually do it. Grab this torch and finish up. What, you can't quite reach that last little bit? There isn't enough slack in the supply lines to the torch? Well, you can turn off the torch, get up, and go move the piece of equipment that the supply lines come from. Or you can just tug at it. If you choose the latter, though, you better go put on some welding gloves first, because the AD3 wasn't wearing any when he yanked on them, and he managed to scorch the back of his unprotected left hand while he was

trying to turn a 60-inch supply line into a 61-inch supply line. Ten days of light duty for this Sailor, one for each minute it would have taken him to produce a little more slack the right way. Did you get your new upgrade to the Risk-O-Matic yet? The manufacturer just released it. The message display now has an option for evaluating motor-vehicle hazards using our newly developed and patented Wreckter scale. It is like the familiar Richter scale. An earthquake that measures 5 on the Richter scale will probably knock a vase off your mantle. And when a situation measures a 5 on the Wreckter scale, it will knock an E-3 with no training and no license off his borrowed motorcycle. The latest demonstration involved an E-3 going 45 mph on an interstate on-ramp. He slammed into the guard rail. He injured himself enough so that he was on light duty for a month and a half. The motorcycle was in the junk yard forever.

In the news recently, a Louisiana pilot landed his Cessna safely on a highway after running low on fuel three miles from the airport at his destination. Shortly later, worried that his aircraft would get scratched up or damaged being loaded onto a tow truck, he got permission to take off from the highway. While accelerating, however, he clipped the mirror on an 18-wheeler parked on the side of the road. He caromed off a fire truck, sheering off a wingtip, then plowed across a ditch and into some trees. Firefighters and police on the scene later said they had been trying to get him to hold before takeoff, because they could see the trucks were too close. Note that the crumpled Cessna did get onto a wreck-er, but by that time the pilot wasn't worried about scratches anymore. It has often been noted that a chain is only as strong as its weakest link, to which we add that you don't want to reaffirm this statement while standing beneath a 470-pound water pump. Yet that's

where a civilian mariner was while said pump was being hoisted out of a pump room by means of a couple of half-ton chain falls. The plan was to lift it through a watertight door and up a ladder. The weak link in the plan was the eyebolt on the pump, which they were using as a lifting point. Five feet off the deck, it threw in the towel. The pump bounced and hit a man, breaking his leg in several places, putting him in the hospital for a week, and away from work for an estimated 8 to 12 months. They should have been lifting the pump with straps around and under the pump's shoulders. The report noted that one of the other mariners had extensive training and experience as a rigger while in the navy, which did a fat lot of good, since he was apparently fetching a cup of coffee during the ORM on this maneuver and was a mere spectator for the rest. The injured guy was untrained, and, to make matters worse, the tech manual for the pump had no section on proper lifting points.

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ITT vacation and ticket offers



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Discount Game tickets!

Tuesday, Feb. 21
(Grizzlies vs Toronto)

\$18.50 (reg. \$24.75 seats) \$53.50 (reg. \$61.75 seats)
\$27.50 (reg. \$34.75 seats) \$70.50 (reg. \$81.75 seats)



Mid-South Sports and Boat Show Feb. 17-19

Special discount rate tickets available at ITT for the Mid-South Sports and Boat Show to be held at the Agricenter International Feb. 17-19, 2006. Mid-South Sports and Boat Show Featuring: Swampmaster's Gator Show; "Witness firsthand the educational demonstration of natural and aggressive alligator behaviors with expert handler, Jeff Quattrochi. Thrills and laughter, as well as valuable information for all ages." Boat Dealers will be on hand with displays and information including: Bass Pro Shop, Bennet Yacht Sales, Chuck's Marine, Greer's Ferry Marine, Hwy. 14 Marine, L and S Golf Carts, Lakeland Incorporated Marine Sales, Inc., Performance Marine, Polar Craft, Southaven Kawasaki/Yamaha, and Travis Boating Center. **ITT Special discount tickets \$5.25** (reg. Adults-\$7 each, youth 7-14-\$3). Children 6 and younger FREE.



ITT has your tickets to the Symphony!

"Peter and the Wolf" at the Cannon Center
Sunday, March 26 at 2:30 p.m.
(general admission) Adult-\$13, Child-\$8

Kirkwood Golf Course Outing May 2

Warm, sunny days are just around the corner -- Join ITT on a golf outing to Kirkwood National Golf Course Tuesday, May 2. "Kirkwood National offers golfers of every level of playing ability a challenging experience." Since opening in 1195, the championship par 72 course has consistently received high rankings from Golf Digest. "Dramatic elevation changes, wood valleys, creeks and lakes add challenge to your round." Depart Glen Eagle Golf Course 7:30 a.m. Arrive at Kirkwood approximately 9 a.m. First tee time 9:15 a.m. Length of play - 4 1/2 hours. Depart Kirkwood around 2:30 p.m. Return to Glen Eagle around 4 p.m. Cost includes transportation on ITT's comfortable, restroom equipped coach bus, soda/water and plus golf fees and cart. Visit ITT to register by Monday, 24 April. Space is limited. **Cost \$43 per person.**

Friday night Tunica trips are back!

Join ITT on a trip to The Grand Casino
to enjoy the FREE seafood buffet.

For a nominal fee of \$15 ride along round trip on the comfortable restroom-equipped coach bus. Enjoy sodas/water in route along with a movie. Receive your free buffet coupon upon arrival. Register with the ITT office by Monday before the scheduled trip.
*Note: One guest allowed per I.D. holder.

NASCAR Season tickets

Stop by ITT to order your season ticket and receive a free T-shirt or cap along with your welcome package. NASCAR Passes include "Best Seat," "Premium parking" (\$20 value.) "NASCAR Practice tickets" (Truck Series practice-\$15 value and Busch Series practice (\$15 value.) "Fan Fest," "Fan Walk," (infield access to both races \$30 value) and "Merchandise discount card," Craftman Truck Series July, 15 (\$45 value.) NASCAR Busch Series Oct. 29 (\$55 value) Tickets will be mailed 6 weeks before race day. Discount season tickets \$99.50 at ITT.

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(See calendar below for daily buffet entree menu.)

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Daily Plate Lunch special

Your choice of one of the entree items from the buffet, one starch, one vegetable and a side salad or cup of soup with rolls plated from the buffet selections by your server.



February Lunch Specials

- #1 Hamburger Club \$ 5.00**
Two choice grilled patties with cheese, bacon, lettuce, tomato on Sourdough bread. Served with French fries. Served with one trip to salad bar.....\$5.25
Served with both.....\$5.50
- #2 Philly Sub \$ 5.25**
Choice Rib-eye steak, sauteed onions, mushrooms, onions, green peppers, melted Swiss cheese. Served with French fries. Served with one trip to salad bar.....\$5.50
Served with both.....\$5.75
- #3 Chicken Philly Sub \$5.25**
Choice chicken, sauteed onions, mushrooms, onions, green peppers, melted Swiss cheese. Served on toasted French roll with fries. Served with one trip to salad bar.....\$5.50
Served with both.....\$5.75
- #4 Lunch for two \$12.00**
One topping large pizza. Two trips to the salad bar. Two beverages.

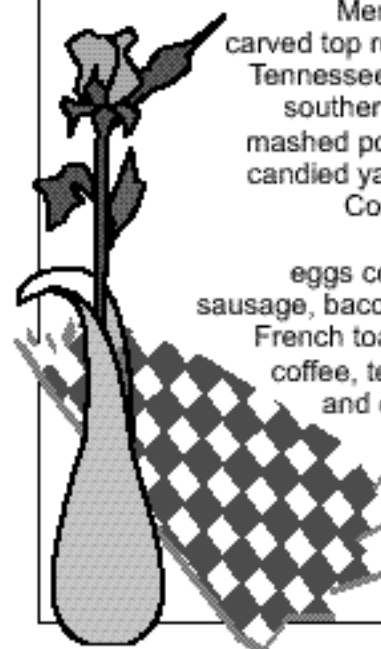
SUNDAY CHAMPAGNE BRUNCH

SUNDAY, FEB. 26
11 A.M. - 1 P.M.

Menu includes
carved top round of beef au jus,
Tennessee pit smoked ham,
southern fried chicken,
mashed potatoes with gravy,
candied yams, green beans,
Corn O'brien,

eggs cooked to order,
sausage, bacon, grits, hash browns,
French toast, biscuits, rolls,
coffee, tea, orange juice,
and champagne.

Adults \$8.95
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Children under 5 eat free




IN THE COMING WEEK!

FEB. 16-25, 2006


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Enjoy a FREE picture show in our 36-seat movie theater. Popcorn and snacks available. All shows start at 7 p.m. unless otherwise specified. <i>Ellison Recreation Center is open to active duty, retired, reserve military members, DoD employees and their family members. Patrons must be 18 years or older to attend.</i>	19 <i>Hebman Lunch Buffet 20</i> Closed enjoy the holiday President's Day Family Recreation Night 5:30-7 p.m. at Youth Center Call 874-5155 for details! Karate (Shorin-Ryu) 5:30-7 p.m. at Youth Center Free Movie 7 p.m. at the Ellison Rec. Center <i>Waiting (R)</i>	<i>Hebman Lunch Buffet 21</i> Mexican Buffet Taco bar Ballroom Dance Class Every Tuesday Joe Dugger Fitness Center Call 874-5497 for information Free Movie 7 p.m. at the Ellison Rec. Center <i>Yours, Mine and Ours (PG)</i>	<i>Hebman Lunch Buffet 22</i> Southern Fried Chicken Liver and Onions Family Recreation Night 5:30-7 p.m. at Youth Center Call 874-5155 for details! Karate (Shorin-Ryu) 5:30-7 p.m. at Youth Center BINGO 4-10 p.m. Bingo Hall! Free Movie 7 p.m. at the Ellison Rec. Center <i>Pride and Prejudice (PG)</i>	<i>Hebman Lunch Buffet 23</i> Roast Beef PB Smoked Ham Free Movie 7 p.m. at the Ellison Rec. Center <i>Walk the Line (PG 13)</i>	<i>Hebman Lunch Buffet 24</i> Fried Catfish Red Beans and Rice MAHOUT GRAS PARTY Cajun Cook-off Glen Eagle Golf Course Beefeaters buffet 5-8 p.m. Oaks dining room Free Movie 7 p.m. at the Ellison Rec. Center <i>Title to be announced</i>	18 Ballet, Jazz and Tap Class every Sat. 8 a.m.-12 p.m. at the Conference Center FAMILY MOVIE DAY! Ellison Rec. Center 1-4 p.m. (Movie begins at 1:30 p.m.) <i>Zathura (PG)</i> Family Skate Night 7-10 p.m. N-80 Gym For info call 874-5155 Free Movie 7 p.m. at the Ellison Rec. Center <i>Two for the Money (R)</i>
						25 FAMILY MOVIE DAY! Ellison Rec. Center 1-4 p.m. (Movie begins at 1:30 p.m.) <i>The Greatest Game Ever Played (PG)</i> Free Movie 7 p.m. at the Ellison Rec. Center <i>Prime (PG 13)</i>

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Object: We are challenging our patrons to 12 week program to prove their dedication to working out and staying fit!
Patrons must complete an average of 3 workouts per week for the 12 weeks (36 workouts) to beat the challenge!

If you complete the challenge you win!!
All patrons who complete the challenge will receive a FREE JDFC Fitness Challenge 2006 t-shirt!

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Get to know your MWR Department

Become familiar with the programs and services offered, not only in one particular area, but throughout the entire operation. Get to know the location of the MWR facilities and the types and variety of programs and services offered. Drop in on any MWR facility and take a minute and talk to a member of the MWR team! You'll be glad you did.



MWR facilities and operations

MWR facilities and operations include but are not limited to ... Gymnasium, All Hands Swimming pool, Joe Dugger Fitness and Wellness Center, POV storage, Information, Tickets and Tours Office, Graphix etc, Frame Shop, Rental Center, Screen Print shop, Trophies and Awards Shop, Graphics, Marketing, Navy Selection Boards, Glen Eagle Golf Course, MWR Bingo program, Helmsman Club Complex, Food and Beverage program, Ellison Recreation Center, Auto Skills Shop, Recycling, Mid-South Conference Center, Memphis

Navy Flying Club, Recreational Lodging, Navy Lakes Picnic Area and RV Park, Boarding and Riding Stables, Youth Program, Teen program, School Age Care Program, Child Development Center, Child Development Homes, Veterinarian Clinic and more.

MWR not just for active duty

Just about everyone knows that "authorized patrons" as it applies to MWR facilities and programs refers to active duty military personnel, retired military members, and the family members of the aforementioned. However, "authorized patrons" also includes Reservists,

DoD employees and civilian contractors working aboard Navy Mid-South. Personnel in these categories (not family members) are authorized to use almost all MWR facilities. This specifically gives them the opportunity to use the Joe Dugger Fitness and Wellness Center, Gymnasium, Glen Eagle Golf Course, Riding Stables and Navy Lake Picnic Area and RV Park at reduced charge.

MWR sends updates each month by direct and electronic mail

MWR values our customers and sincerely desires to keep every member of the Navy Mid-South community abreast of all MWR has to offer. Recreation opportunities and information about MWR events are as close as the nearest MWR facility. However, you can have program information delivered to your door or desktop each month. Contact MWR marketing (marsha.bend@navy.mil) to request flyers, and announcements be sent to your door or desktop.

From the Intramural Sports Coordinator:

Attention Volleyball Players:

The Intramural Sports is accepting rosters for the intramural co-ed volleyball league. Turn in your roster no later than Friday, March 17. A coaches meeting will be held on Monday March 20 at 11 a.m. and games will begin on Tuesday, March 21 at 11 a.m. So get your roster into the N-82 gym.

Intercommand Over 30 Basketball

The Intercommand over 30 Basketball program is about to begin, so get the players of your command, unit or code and send your roster to the N-82 gym Athletic Office no later than Thursday, March 23. Teams entered will be scheduled to play Monday and Wednesday beginning Monday, March 27. Your team entry authorizes you to reserve a court practice. There will be a coaches meeting on Friday, March 24 at 11 a.m. in the Intramural office located at N-82 Gym.

You can turn in your rosters for these sports by dropping them off at the N-82 gym, faxing them at 874-5409 or e-mailing them to apruitt@nsams.navy.mil. If you have any questions about these sports, please contact Amy at the Athletic Office at 874-5383.

Intramural Standings as of Feb. 15

Basketball League			Volleyball League		
"5"	9	0	STRAGGLERS	13	1
HOOP IT UP	8	1	PERS 6	11	3
PERS 4	6	1	NAVMAC	11	4
SWISH	6	3	PERS 48	10	5
EPMAC	6	4	BOL BULLIES	9	6
BALLERS	5	3	CNRC	7	9
USACE	4	6	WREATH		
NBHC	4	3	WARRIORS	5	10
PSD	3	5			
MEPS	3	6	ENGINEERS	2	13
WARFIGHTERS	2	7	AUGMENTATORS	0	15
CNRC B	1	10			

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Whether you're just trying to knock the rust off or are pursuing an advance rating or certificate, visit <http://www.AircraftClubs.com/> and fill in the guest info. Have a question about the club, e-mail pilots and members at mnfc@yahoo.com. Authorized patrons include active duty, reserve and retired military, military dependents, FAA and DoD employees.

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5th Annual Glen Eagle Golf Course

MARDI GRAS PARTY

and Cajun Cook-off

Friday, Feb. 24

...The party starts at 5 p.m...

Wear your hats, masks, beads and boas!
Come dressed to impress in Mardi Gras style!
This event is open to all and there's no cover charge!

The festivities are kicked off with the Navy Band
Mid-South Dixieland Band leading the Mardi Gras parade.

There will be GREAT FOOD, GAMES, PRIZES, BEVERAGE SPECIALS, and LIVE ENTERTAINMENT!

"People's Choice" Cajun Cook-off contest judging.
(Cook-off judging begins at 5:45 p.m. SHARP!)

Memphis Blues Queens perform at 7:30 p.m.

How to enter the Cajun Cook-off contest
Do you make a "mean" gumbo or have a flair for Cajun cooking? Whip up your favorite Cajun dish (3-5 quarts recommended) and join the competition. There's no fee to enter contest!!!! However, entrants must sign up to participate. Call 874-5455 to sign up no later than Wednesday, Feb. 22. Please note that this is a "Peoples Choice" contest and that means everyone who attends the party will be allowed to sample entries and it will be their taste buds that determine "Who's Cajun dish is the best. Deadline for Cook-Off entrants to have their dishes in place is 5:30 p.m. NO EXCEPTIONS!
Awards will be presented to 1st, 2nd and 3rd place winners.

Event sponsored in part by Price Ford Milington

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2:15-5:00 pm Friday & 4-9 pm Saturday
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Navy Teen Center 901-874-5155 Bldg. 936

FAMILY SKATE NIGHT

Skate with us on Saturdays 7-10 pm

Hosted at the N-82 Gymnasium by your Navy Youth Center

Skaters of all ages are invited to join us at the Gym each Saturday for a night of family fun. Admission at \$3 includes skate rental. Parents accompanying their children skate free!

Great location for birthday parties and end of the season team parties!

Separate areas for beginners, parties & teens (6th-12th)!

Youth Center 901-874-5155

SATURDAY PLAY

Navy Youth Center Bldg. 936 901-874-5155

K-5th Graders

Saturday 1-5 pm \$3

Fun, games & friends await!

Registration in the Youth Center's Before & After School Program is NOT required. Simply complete/update paperwork! At the Youth Center mid-August through April

No School = YC Play Day

Play Day Calendar is available at front desk!

Shelby County Schools will be taking a break soon! How will YOUR K-5th grader spend their time while your at work?

Spring Break (10-17 March)
Good Friday (14 April)

Pre-register only for the days you need!
Daily fun from 6:30 a.m. - 5:30 p.m. Pack a sack lunch!

Navy Youth Center 901-874-5155 Bldg. 936

KARATE

SHORIN-RYU

MONDAY & WEDNESDAY 5:30-7 pm YC Bldg 936

AGES 6-ADULT

Monthly Fee: \$20 (includes uniform, belt, and insurance)

Weekly Fee: \$5 (includes uniform, belt, and insurance)

Drop In Fee: \$2 (includes uniform, belt, and insurance)

Navy Youth Center Bldg. 936 901-874-5155

WHAT'S HAPPENING

@ your Navy Youth Center and Teen Center?

Here is an overview of our ongoing programs and events. Please stop by or call for further information.

Navy Youth Center Bldg. 936 901-874-5155

Navy Teen Center Bldg. S-770 901-874-5594

Visit www.seattle.navy.mil for MWR info, the required YC and TC paperwork.

CHALLENGE YOURSELF

Challenge the kids to a board game or enjoy a movie together!

Available at YC:

- Board Games
- Video Games
- Movie Theater

Monday and Wednesday 5:30-7:30 pm

Enjoy a FREE night out together as a family!

Navy Youth Center 901-874-5155

Navy Youth Center Before and After School Program

Choose only what your schedule requires. Before, After or both sessions. Weekly Fee based on family income transportation provided by Shelby County or the Youth Center. Join us for USDA Snacks, Homework Power Hour, group projects, fun and more!

Opens @ 6:30 a.m. Closes @ 5:45 p.m.

901-874-5155 Bldg. 936

Celebration Time



The NSA Mid-South 2006 Black History Month program was held at the Pat Thompson Center on Friday. The program consisted of poetry readings, skits, a fashion show and African Cultural Dance performed by the NSA Mid-South African Dance Troupe. Guest speaker for the event was Lt. Gary Smith, Master-at-Arms rating enlisted community manager (Pers4011). The event concluded with the traditional gowning cere-

mony with NSA Mid-South Smith as the guests of commanding officer Capt. Matt Straughan and Lt. honor. (Photos by Art Frith and David Crenshaw)

Now Open 11:00AM

Suite 110 Patriot Plaza
Hwy 51

872-6999


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EYE ON THE FLEET



The experimental boat ship Stiletto, shown moored in San Diego, is more than 80 feet in length and has a carbon-composite hull, which assists the boat to travel at speeds more than 50 knots. The boat will be used to transport special operations forces to their mission quickly. (DoD photo by Samantha L. Quigley)



Channel 43

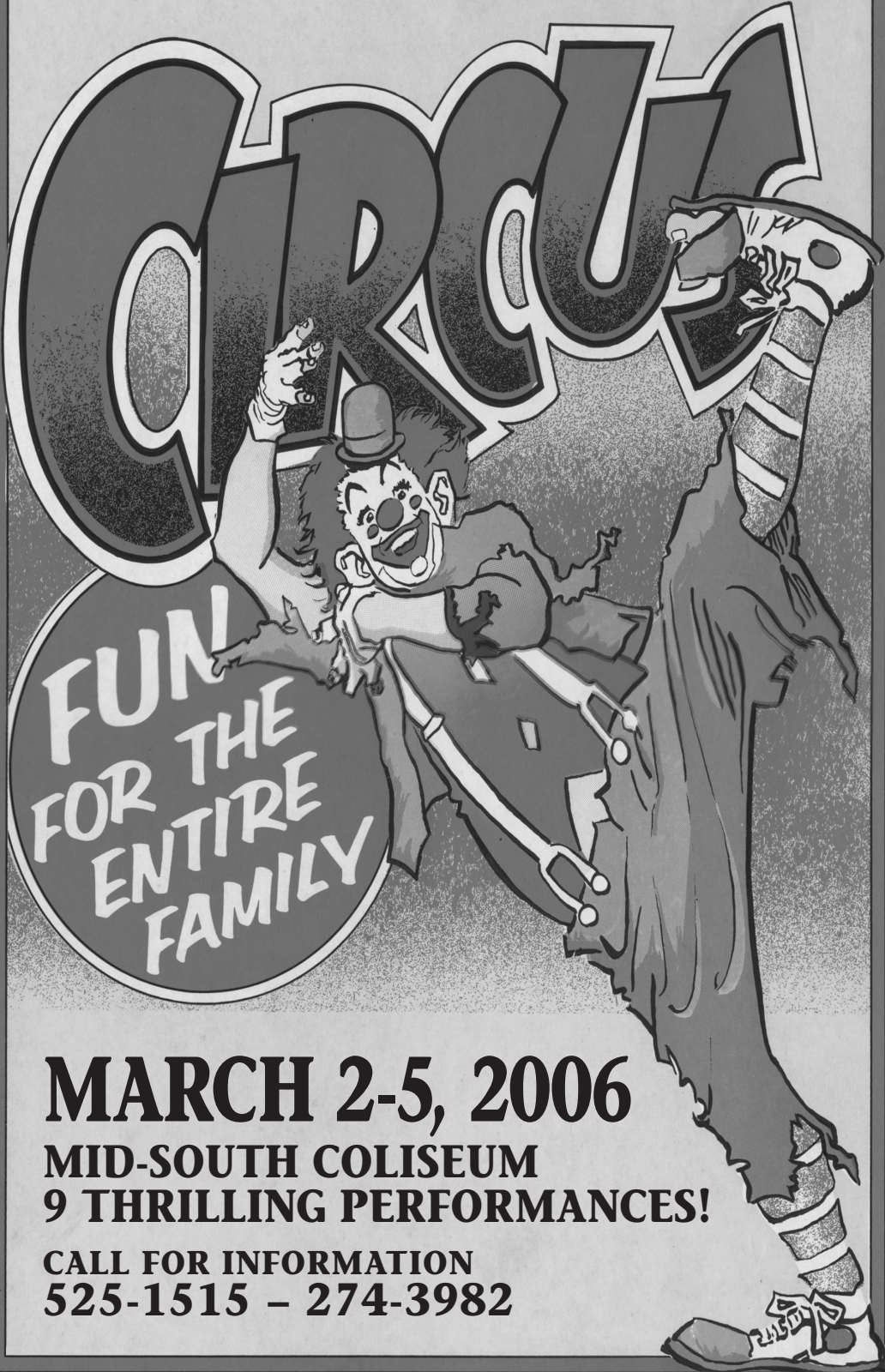




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